

Preregistration is required for all Presentations/Seminars. All presentations are FREE and take place at the Joslyn Center.

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LATE SUMMER/FALL 2012

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DEPRESSION AND ANXIETY

The Los Angeles County Department of Mental Health will give information to help seniors recognize depression and anxiety. Participants will learn what contributes to these problems and what needs to be done when someone they know suffers from depression and anxiety. The presentation emphasizes engaging in positive activities.

DATE & TIME: Wednesday, August 15, 10-11 am

GOOD SLEEP FOR EMOTIONAL WELL-BEING

The Los Angeles County Department of Mental Health will discuss the importance of sleep and emotional well-being and examine conditions that may be contributing to poor sleep. Developing healthy sleeping habits promotes good sleep and emotional well-being.

DATE & TIME: Wednesday, September 5, 10-11 am

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HYPERTENSION, DIABETES AND ALZHEIMER'S DISEASE

Learn about the role of Diabetes and Hypertension in your brain's health.

DATE & TIME: Monday, October 22, 10-11 am

JOURNEY THROUGH GRIEF

VITAS Innovative Hospice Care of San Gabriel Valley is offering a support group for those who are grieving for the loss of a loved one. This group offers a safe place and supportive environment where people can explore and share feelings, find answers to difficult questions, get emotional support, develop coping skills and rediscover hope. Each workshop is 6 weeks long. For more information, call Susan Coyle, VITAS Coordinator at (626) 974-2045. Please call (626) 384-5380 to make an appointment.

DATE & TIME: Tuesday, November 27, 2-3:30 pm

IDENTITY THEFT AWARENESS LEARN THE NEWEST SENIOR SCAMS

Project Sister will give an informative presentation about how to prevent becoming victim of senior scams. Individuals will learn about detecting scams and what to do if a scam happens to them.

DATE & TIME: Monday, December 3, 10-11 am